

**August
2016
Volume 13**

***Brunswick Senior Center
Monthly Newsletter***

Good Times Senior



Celebrating August

Read a Romance Month

Golf Month

Family Fun Month

Bargain Hunting Week
August 1–5

Social Security Day
August 4

Root Beer Float Day
August 6

Purple Heart Day
August 7

Vinyl Record Day
August 12

Motorcycle Week
August 14–20

Senior Citizens' Day
August 21

Kiss and Make Up Day
August 25

South America's First Olympics

The Olympic torch arrives in Rio de Janeiro on August 5 to begin the summer Olympic games. For 17 days, over 10,000 athletes from over 200 countries will compete for Olympic gold, including in two sports that have not been part of Olympic competition for a century: golf and rugby. Even more momentous, this is the first time the Olympic games have ever been held in South America. In many ways, tensions are running high for the games to be a success.


Rio won the bid to host the 2016 Olympics back in 2009, when it appeared that Brazil was a stable and energetic country. Since 2009, Brazil has suffered some setbacks. Its economy began to stall in 2011, eventually leading to the impeachment of Brazil's president, Dilma Rousseff, in April 2015. To complicate matters, mosquito-borne diseases are on the rise in Brazil. Dengue fever and the newly discovered Zika virus are spreading toward Rio, which may likely deter people from buying tickets to the games. And while Rio is famous for its beaches, its two main bodies of water, in which athletes will compete in events like the triathlon, rowing, and sailing, are terribly polluted.

Despite this gloomy outlook, the Olympic spirit is shining bright in Rio. American swimmer Michael Phelps has come out of retirement in an effort to add more gold to his 22 Olympic medals. South African swimmer Chad le Clos will do his best to challenge Phelps. Newcomer Simone Biles is already being called America's greatest gymnast ever, but Russian powerhouse Aliya Mustafina could defeat her if she has fully recovered from a 2011 injury. Can Jamaica's Usain Bolt, the "World's Fastest Man," win gold in the 100-meter dash? Host Brazil is favored to win gold in beach volleyball, but can they take gold in their national sport of soccer? Will Northern Irishman Rory McIlroy win gold in golf's modern Olympic debut? These questions can be answered only after the Olympic torch is lit in Rio.

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED	2 BBQ Chicken Sandwich On a Sandwich Bun Fresh Potato Salad Diced Pears	3 Split Pea Soup Tuna Salad Sandwich Lettuce & Tomato Wheat Bread Carrot & Raisin Salad Hot Fruit Cup	4 Roast Pork Loin with Mushroom Gravy Steamed Brown Rice Wheat Bread Fresh Broccoli Salad Apricots Chocolate Pudding	5 Sloppy Joe Sandwich On Hamburger Roll Cole Slaw Cinnamon Apples
8 CENTER CLOSED	9 Multi Bean Soup Chicken Salad Sandwich On Rye Bread Lettuce & Tomato Pickled Beets Pineapple Tidbits	10 Beef Hot Dog Hot Dog Roll Ketchup/Mustard Baked Beans Tropical Fruit	11 Chicken Florentine Casserole Rice Pilaf Whole Wheat Bread Cucumber Sour Cream Salad Diced Pears	12 Turkey Burger w/Swiss Cheese on Roll Lettuce & Tomato Stewed Tomatoes Hot Fruit Cup
15 CENTER CLOSED	16 Pulled Pork Sandwich On Hamburger Bun Cold Broccoli Salad Sweet Potato Chunks Pineapple Chunks Coconut Cream Pie	17 Sliced Peaches Meatloaf with Gravy Mashed Potatoes Multi Bean Salad Dinner Roll	18 Baked Ham Slice Lima Beans Sweet Potatoes Rye Bread Tropical Fruit	19 Roast Turkey Chunks in Gravy Brown Rice Pilaf 3 Bean Salad Mandarin Oranges
22 CENTER CLOSED	23 BBQ 1/4 Chicken Seasoned Greens Corn Muffin Diced Pears	24 Beef Burger w/Cheddar Cheese on Roll Lettuce & Tomato Baked Beans Cole Slaw Chilled Plums	25 Baked Potato Tossed Salad w/Ranch Dressing Chili con Carne Shredded Cheddar Applesauce Wheat Bread	26 Meatloaf w/Gravy Mashed Potatoes Copper Pennies Mandarin Oranges Whole Wheat Bread
29 CENTER CLOSED	30 Meatball Sub Shredded Cheese On a Club Roll Multi Bean Salad Hot Fruit Crisp	31 Chicken Stew w/Peas and Carrots Brown Rice Pickled Beets Tropical Fruit Whole Wheat Bread	 <p>AUGUST 2016 Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p>	

Menus subject to change~

~Milk and Juice are served with every meal~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW HOURS: Tuesday 9:00 am - 8:00 pm Wednesday, Thursday & Friday 9:00 am - 3:00 pm	CENTER CLOSED	9:00 Strength Tr. 10:00 Rummy 10:30 Wii Bowling 5:30 Craft - "Crochet Corner"	9:30 Card Games 10:00 Video Ex 10:30 Card games 12:45 Bingo	9:00 Strength Tr 10:00 Card Games 10:30 Walking group 11:00 Library 11:45 Trivia 1:00 Local shopping	10:00 Games 11:15 Chair YOGA 1:00 Groceries For Seniors at DOA Transportation available	Department of Aging trips for AUGUST: August 19 - Roundtop Mountain Adventure
 Olympic Wii Bowling Tournament August 9 - 19, 2016	CENTER CLOSED	9:00 Strength Tr. 10:00 Rummy 10:30 Wii Bowling 11:30 Church Lunch 5:30 Card Party	9:30 Card Games 10:00 Video Ex. 10:30 Nurse Steve & Mobile I & A 12:45 BINGO and Treats with ELC	9:00 Strength Tr 11 10:00 Card Games 10:30 Walking group 11:00 Library 11:45 Trivia 1:00 Local shopping	10:00 Games 11:15 Chair YOGA 1:00 Coloring Pages 1:00 Corn Hole	August 26 - Barn Quilt Trail For reservations or more details about trips please see trip flyer or call for more details 301-600-1605
21 Walking Program-Join us on Thursday to walk as a group	CENTER CLOSED	9:00 Strength Tr. 23 10:00 Rummy 10:30 Wii Bowling 5:30 Card Party	9:30 Card Games 10:00 Video Ex 10:30 Card games 12:00 Picnic in the Park 12:45 Bingo	9:00 Strength Tr 25 10:00 Card Games 10:30 Walking group 11:00 Library 11:45 Trivia 1:00 Local shopping	10:00 Games 11:15 Chair YOGA 1:00 Coloring Pages 1:00 Corn Hole	Brunswick 27 Senior Center "Where the finest people meet"
28 Walking Program-Join us on Thursday to walk as a group	CENTER CLOSED	9:00 Strength Tr. 30 10:00 Rummy 10:30 Wii Bowling 5:30 Open Game Night - "Bring your own grub"	9:30 Card Games 10:00 Video Ex 10:30 Card games 12:30 Homemade Ice cream 12:45 Bingo	9:00 Strength Tr. 31 10:00 Card Games 10:30 Walking group 11:00 Library 11:45 Trivia 1:00 Local shopping	10:00 Games 11:15 Chair YOGA 1:00 Coloring Pages 1:00 Corn Hole	AUGUST 2016 Brunswick Senior Center

Spider veins?

Varicose veins?

Tired, achy, heavy legs?



Do you suffer from any of these leg symptoms?

- Varicose veins, spider veins
- Aching, pain or throbbing
- Swollen ankles
- Heavy, tired legs
- Leg cramps or restless legs
- Itching or burning
- Pain while walking
- Bulging veins or skin color change

It's a problem affecting 40 million American adults: chronic venous insufficiency, the often un-diagnosed medical condition behind varicose veins and spider veins. Vascular Screening is one of the most effective ways to perform early diagnosis of vascular disease.

**Join Us
LegsWork
Presentation
Free Lower Leg Ultrasound
Screenings!**

**Wednesday 8/16/16
11:00am – 12:30pm**

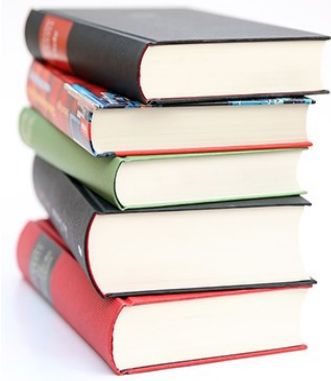


Center for Vein Restoration

Board certified doctors treating varicose and spider veins in 30 locations
(800) FIX-LEGS/ (800) 349-5347 www.centerforvein.com

By Any Other Name

Many of us are familiar with the work of the 19th-century Irish writer Margaret Wolfe Hungerford, although we may not even know it. After all, she was the one who first coined the phrase “Beauty is in the eye of the beholder,” in her book *Molly Bawn*. Perhaps the reason she is not well known is because she first began writing anonymously and later wrote under the pen name “The Duchess.” In honor of this writer, and the many others who write under pseudonyms, August 27 is the Duchess Who Wasn’t Day.



Hungerford may not have been a real-life duchess, but she was quite a success story. Historical accounts show that she was a master at balancing work and family. In addition to raising six children, she also wrote nearly 60 novels and collections of short stories, as well as newspaper articles. Her fiction was typical of the Victorian time period: light and romantic, entertaining and intensely popular in Ireland, England, and abroad in America. Indeed, Ireland’s foremost man of letters, James Joyce, even referenced Hungerford by name in his masterwork *Ulysses*.

What compels a writer to use a pseudonym? Early women authors sometimes wrote as men in order to have their work equally judged. Some use pseudonyms to write fiction (such as crime or horror) that may be less sophisticated or proper than the award-winning type. Most of all, writers use pseudonyms to place some distance from earlier work. For example, J.K. Rowling, the world famous writer of the *Harry Potter* children’s novels about wizards and magic, wrote a series of new books using the name Robert Galbraith. Why? To find a new adult audience. Agatha Christie, that master of mystery and suspense, wrote under the name Mary Westmacott when she turned to writing romance novels. Perhaps the most famous pseudonym of all is Mark Twain. Before Samuel Langhorne Clemens took the name Mark Twain, he also wrote under the names Josh and Thomas Jefferson Snodgrass. But truly, the more famous one becomes, the harder it is to remain anonymous.



Dubble Bubble

What do penicillin, the microwave, potato chips, and bubble gum all have in common? They were invented by accident. Walter Diemer was an accountant for the Fleer Chewing Gum Company in Philadelphia. When he wasn’t working on the books, he spent his free time mixing new recipes for bubble gum. The problem was that current gums were too sticky and would break apart too easily. He wanted to invent a gum that was less sticky and could be blown into a perfect bubble. In 1928, Diemer mixed a successful batch but failed to write down the recipe. He spent four months trying to duplicate it. Then, in August of that year, he succeeded. The only food coloring available at the factory was pink, so that became the color of his 300-pound batch of bubble gum. Pink has been the standard color ever since. When he brought the first 100 pieces to a candy store, he priced his gum at one penny apiece and sold out in one day. To help sell his gum, Diemer taught store owners how to blow bubbles so they could teach their customers. The Fleer Chewing Gum Company called Diemer’s gum “Dubble Bubble,” and in the first year of production, earned \$1.5 million.



Historic Eruptions

August brings two very ominous anniversaries: the cataclysmic volcanic eruptions of Mount Vesuvius in Italy and Krakatoa in Indonesia.

The eruption of Mount Vesuvius might be the most famous in history. On August 24, in the year 79 AD, the volcano began to erupt. Two authors, a father and son, described the events firsthand. Pliny the Elder, living across the bay from Vesuvius, noticed a cloud of ash spewing from the mountaintop. He sent ships to investigate, but they turned back due to a rain of flaming rocks. Pliny the Elder himself ventured closer to

Investigate. Sadly, he died the next day, likely from inhaling poisonous sulphur gas.

Pliny the Elder's 18-year-old son, Pliny the Younger, also witnessed the eruption. He described people climbing over waves of ash to escape. He also wrote of how a larger eruption on the next day devastated the region. Ash mixed with rain created a sort of concrete that blanketed the town of Pompeii, perfectly preserving its contents for hundreds of years.

Rumblings began on the uninhabited island of Krakatoa as early as May 20, 1883. Over the next weeks, the rumblings grew until the eruption began on August 26. The volcano exploded at noon, sending ash 20 miles into the air. The next morning, four massive eruptions occurred, the last of which produced the loudest sound ever recorded on Earth. The sound waves ruptured the eardrums of sailors 40 miles away. The blast itself was heard 3,000 miles away.

Enormous flocs of volcanic rock plunged into the ocean, triggering massive tsunamis that wiped out hundreds of nearby coastal villages. Waves reached as far away as South Africa. So much gas was pumped into the atmosphere that global temperatures dropped over 2°F. Weather patterns did not normalize until 1888. Krakatoa left no doubt that volcanic eruptions are some of nature's most awesome events.

Bowled Over

One of the more striking holidays in August is Bowling Day, which falls on the second Saturday of the month. It's easy to see why 100 million people regularly enjoy the sport—it appeals to all ages and both genders, and evidence suggests that it has been played thousands of years. British anthropologist Sir Flinders Petrie, upon excavating a tomb in Egypt, discovered a set of children's toys looking like a bowling set that dates back to 3200 BC. A form of bowling was so popular in 14th-century England that King Edward III outlawed the game so that troops would better focus on training. Bowling even debuted as a demonstration sport during the 1988 Olympics in Seoul, Korea. It will once again return to the 2020 games in Tokyo.



This publication is a resource produced and distributed by the Frederick County Department of Aging.

For additional information about this or other programs and services, visit the website at

www.FrederickCountyMD.gov/Aging

or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605,

Frederick Senior Center Summer Speaker Series

Medicare 101

Wednesday, July 13th

Ready to enroll, looking for an overview of what to expect, or have questions about benefits?

Elly Jenkins, Program Specialist and her team of expert counselors will provide an overview of Medicare on Wednesday, July 13, 2016.

Doing it my Way

Wednesday, September 7th

Wondering how to make sure your preferences are honored if you are unable to speak for yourself?

Attorney Cris LoVetro will present an overview of legal documents everyone should complete to assure health care, financial, property and other decisions are made based on your preferences. General question/answer period will follow on Wednesday, September 7, 2016.

Winning the Paper Battle

Wednesday, August 3rd

Defeat the paper clutter! Learn what to keep, how long to save documents and ways to organize records so you, and others, can find the information when it's needed. Mary Helen Dennis of My Confidant, Inc will share organizing solutions on Wednesday, August 3, 2016.

Reservations by calling

301.600.1048 or 301.600.1605

or at <http://frederickcountymd.gov.3dcartstores.com/>

\$5 per person

Suggested meal contribution

Frederick Senior Center
1440 Taney Avenue
Frederick, MD 21702

Fried Chicken Supper served at 5pm
Speaker at 5.45pm

FREDERICK COUNTY
Department
of Aging

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, August 5, 2016

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

***For one person household. Add \$503/person for each additional household member.**



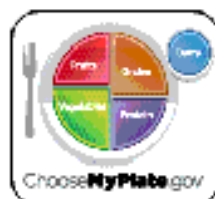
A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.



10 tips

Nutrition Education Series

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink $\frac{1}{2}$ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need $2\frac{1}{2}$ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, $1\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese.

Creamy Avocado Dip

Ingredients:

- 1 cup mashed avocado
- 1 (8-ounce) package cream cheese, room temperature
- 3 tablespoons lemon juice
- 1/3 cup minced onions
- 1 teaspoon salt
- Dash of Worcestershire sauce
- Crackers



Directions

1. Combine avocado, cream cheese, lemon juice, onions, salt, and Worcestershire sauce in a large bowl with a hand mixer until smooth.
2. Transfer mixture to a serving dish. Cover and chill until ready to serve. Serve with crackers.

Makes 8–10 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

Foods & Cooking Popsicles – “The Original Cool”

Cool, sweet, and colorful, Popsicles are a treat that instantly transports us back to simpler times—childhood summers, warm nights on front porch swings, and Fourth of July picnics.

They’re as much a part of our culture now as they were during World War II, when the Eighth Air Force Unit chose Popsicles as an enduring symbol of American life. Available now in exotic flavors like mango, Popsicles of all flavors are loved by adults and children. If you’re a fan—and who isn’t?—grab your favorite flavor by the stick and take a walk down memory lane.



Brief History

Frozen treats have been enjoyed by civilizations dating back to Kublai Khan, who served flavored ices to the Italian explorer Marco Polo when he visited in the 13th century. Throughout the east, shaved or crushed ice brought down from the mountains was combined with fruit juice, fruit pulp, and honey along with flowers for added flavor or fragrance. Only royalty or the privileged were allowed these delightful indulgences.

When Catherine de’ Medici went to marry King Henry in the 16th century, she took along recipes for flavored ices similar to those Marco Polo brought from China. In a short time, these icy desserts were known throughout Europe, and recipes were brought to America by immigrants. By the 19th century, frozen ice or ice cream novelties were a popular treat sold by street vendors in most American cities. And while they might share a bit of history with these delicious frozen sweets, the Popsicles we know were actually invented by accident more than 100 years ago.

A Cold Night in California

The story goes that in 1905, 11-year-old Frank Epperson mixed a soda flavoring powder with water and, instead of drinking it right away, left it out on his porch overnight with the stirring spoon still in it. The temperature dropped below freezing that night—unusual for Oakland, California, but not unheard of. In the morning, young Frank realized that the sweet flavored water had frozen to the spoon, and he had accidentally created a uniquely delicious new treat, the “Epperson Icicle.” The following summer, he shortened the name to “Epsicles” and sold them throughout his neighborhood.

Though he worked at other jobs as he grew up, Epperson continued to perfect the Epsicle. In 1923, at the age of 30, he began selling his frozen treat to the summer crowds that gathered at an Alameda, California, amusement park. The frozen delight priced at five cents was an instant hit. His children, however, persuaded him to change the name to the one they used—Pop’s ’sicle—and so the Popsicle was born. Some people disagree with this story of how the Popsicle got its name. They maintain that Epperson named his icy creation Popsicle to advertise that it was made from soda pop. He even used the slogan “A Drink on a Stick.” Either way—the name stuck. Epperson patented Popsicles in 1924. A few years later, he entered into a distribution partnership with the Joe Lowe Company of New York, and Popsicles were soon sold across the country. Ultimately, Epperson sold the rights to Popsicle entirely to Joe Lowe.

Discussion Starters

- What’s your favorite Popsicle flavor?
- Share your earliest Popsicle memory. It may be something like the first time you ever ate one or sharing a two-sticker with a friend or sibling.

Discussion Starters

- Do you remember Popsicle Pete? Did you ever send in Popsicle wrappers for a prize? Share your experience.
- How important is the role of advertising in selling products? Have you ever known an instance when good advertising was able to sell a bad product?
- Do you think young people today are as likely to create and try to sell something as Frank Epperson was? Why or why not?



What's a Popsicle Made Of?

Unlike young Frank Epperson's simple powdered soda flavoring and water concoction, today's Popsicles contain sugar, corn syrup, gum, and stabilizers. They are still 90 percent water, but the sugar and stabilizers make the Popsicle soften rather than just melt in the air, so you can actually eat it. Without the added ingredients, it would melt like an ice cube and the flavoring and color would separate.

The Popsicle company, which was sold to Good Humor—a Unilever subsidiary—in 1989, currently makes at least 30 flavors, and they're always trying out new ones. They also make Creamsicles, Dreamsicles, and Fudgesicles, and there are sugar-free versions as well. And, of course, in addition to the Popsicle company, there are many other makers of ice pops, the generic name for Popsicles.

Discussion Starters

- Are you trying to cut down on your sugar consumption?
- Do you believe sugar is bad for you?
- Do you think sugar-free products taste as good as those with sugar?

How About an Avocado Ice Pop?

Boutique and artisan ice pop makers seem to be popping up on every corner with flavors that would make Epperson blanch. Some even boast organic ingredients. Rebecca Rouas of SF Pops makes chocolate avocado and tangerine beet flavors, among others, to sell at farmers' markets north of San Francisco. And of course, the idea of adding alcohol for a very grown-up frozen pop has occurred to many. The problem is getting the alcohol to freeze solidly enough to stay on a stick.

Making ice pops at home from fruit juice or pureed fruit is a great way to cut down on the sugar and corn syrup of store-bought frozen treats. You can freeze your homemade delights in paper cups and use wooden sticks from craft stores. Try making multicolored pops by letting one layer freeze before adding the next.

Discussion Starters

- If you were going to invent a new Popsicle flavor, what would it be?
- What do you think of grown-up ice pops in exotic flavors or made with alcohol?
- Have you ever made your own ice pops? Did you do it for yourself or for your children or grandchildren? Share your experience.

Additional Activities

- Popsicle sticks are great for crafts. Many crafts seem oriented more toward women. Building a Popsicle stick bridge is something men might really enjoy.

The Not-So Good Humor Man

Before long, the Joe Lowe Company began suing every other company that sold frozen treats—including Good Humor—for patent infringement. Ultimately, they came to an agreement with Good Humor: Popsicle would make and sell only water-based frozen desserts, and Good Humor would own the ice cream market. Much later, Popsicle created an iced *milk* (not cream) novelty flavored with chocolate called the Fudgesicle.

Cool Questions *Oh no—brain freeze! Try these questions for some icy fun!*

1. What was the first Popsicle flavor?

Answer: Cherry.

2. What's the most popular Popsicle flavor in the United States?

Answer: Cherry.

3. What's the most popular flavor worldwide?

Answer: Orange.

4. How many Popsicles are sold annually in the United States?

Answer: About two billion.

5. What kind of wood are Popsicle sticks made from?

Answer: Birch wood

6. What do they call Popsicles in England?

Answer: Ice lollies.

7. Can you name all seven original flavors?

Answer: Cherry, lemon, orange, banana, grape, watermelon, and root beer.

8. Who made the biggest ice pop in the world?

Answer: The Dutch. According to the *Guinness Book of World Records*, the Dutch created a 21-foot ice pop in 1997. Snapple tried to beat the record in 2005 with a 25-foot ice pop but failed when it melted and flooded New York City streets with over 17 tons of sticky juice.

9. When is National Cherry Popsicle Day?

Answer: August 26.

10. When is National Grape Popsicle Day?

Answer: May 27.

Two Sticks Are Better than One

When the Great Depression made even the Popsicle's nickel price seem like a frivolous luxury, the company hit on the perfect marketing concept: they added a second stick to the Popsicle so it could be split between two lucky eaters, essentially doubling its value. The two-stick Popsicles stayed around until 1986, when mothers complained that it was too messy.

Popsicle Pete

By 1939, Popsicles were a well-known brand widely advertised, especially on the radio. They sponsored the popular weekly radio program *Buck Rodgers in the 25th Century* and introduced Popsicle Pete on the show. Popsicle Pete told listeners that he had won the "Typical American Boy Contest" and that they could win great prizes by sending Popsicle wrappers to the manufacturer. Popsicle Pete was featured in

Lemon-Topped Ice Pops!

Make frozen ice pops topped with a lemon slice.

You will need (for two pops):

- ☐ 2 small plastic disposable cups (4-ounce drinking cups or yogurt containers work well)
- ☐ Fruit sherbet of your choice (We used mango.)
- ☐ Fruit juice of your choice (We used Sunny D.)
- ☐ Pitcher or large measuring cup with pour spout
- ☐ Lemon(s)
- ☐ Wooden craft spoons
- ☐ Serrated knife
- ☐ Spoon

Directions:

1. Using a spoon, mix 2 parts sherbet with 1 part juice in a pitcher.
2. Pour the mixture into the two plastic disposable cups. Fill the cups to about 1/4" from the top.
3. Cut lemon slices about 1/4" thick. Poke the handle portion of the wooden spoons through the center of the slices as shown.
4. Stick the spoon portion into the mixture, wedging the lemon slice into the very top portion of the cup as shown. Freeze for at least 2 hours.
5. To serve, run warm water over the bottom of the plastic cup to loosen the ice pop. Pull the ice pop out of the cup and enjoy!



August IQ—Cool off and see how much you know

about the month of August. Test your August IQ.

1. Which of the following does **NOT** occur in August?

- A. The 2016 Summer Olympics
- B. Sisters' Day
- C. U.S. Open in tennis begins
- D. Memorial Day

2. True or false? The zodiac signs for August are Leo and Virgo.

3. Hawaii became a U.S. state on August 21, 1959. What number state was it?

- A. 45th
- B. 48th
- C. 49th
- D. 50th

4. Game show host Monty Hall was born on August 25, 1921. What game show did he host?

- A. *Let's Make a Deal*
- B. *Jeopardy!*
- C. *Family Feud*
- D. *The Price Is Right*

5. *The Wizard of Oz* premiered nationally in August of 1939. Which actor did **NOT** star in the film?

- A. Ray Bolger
- B. Bert Lahr
- C. Jack Haley
- D. Mickey Rooney

6. August was renamed in honor of which emperor of the Roman Empire?

7. True or false? The dog days of summer end in August?

8. August is golf month. What three-word golf term means "a shot that enters the hole from the tee"? _____

9. U.S. Presidents Barack Obama, Herbert Hoover, Bill Clinton, Benjamin Harrison, and Lyndon B. Johnson were born in August. Who was born first?

- A. Barack Obama
- B. Lyndon B. Johnson
- C. Herbert Hoover
- D. Benjamin Harrison

10. What is the name of the full moon in August?

- A. Harvest moon
- B. Sturgeon moon
- C. Buck moon
- D. Wolf moon

11. The plans for the city of Chicago were laid out in August of 1830. Which is a false statement about Chicago?

- A. Chicago's nickname is the Windy City.
- B. Chicago is a city in Illinois.
- C. Chicago is the title of a Broadway musical and film.
- D. Chicago's baseball team is called the Cardinals.

12. The gladiolus is the birth flower for August. What is the plural for the word *gladiolus*? _____

13. What song contains the lyrics "Under an August moon burning above, you'd be so nice, you'd be paradise"?

- A. "Show Me the Way to Go Home"
- B. "Take Me Out to the Ball Game"
- C. "You'd Be So Nice to Come Home To"



14. Wilt Chamberlain was born on August 21, 1936. What sport did he play?

15. National Dog Day is held in August. What is the smallest breed of dog?

Answers

1. (D) Memorial Day. It is held on May 30 each year.

2. True. Leo begins on July 23 and ends on August 22.

Virgo begins on August 23 and ends on September 22.

3. (D) 50th. Utah was the 45th. Arizona was the 48th, and Alaska was the 49th state admitted into the Union.

4. (A) *Let's Make a Deal*. He was born as Monte Halparin in Winnipeg, Manitoba.

5. (D) Mickey Rooney. Although Mickey Rooney's friend Judy Garland starred in the film, he did not.

6. Augustus. He was the first emperor and founder of the Roman Empire.

7. True. The dog days of summer begin on July 3 and end on August 11.

8. Hole in one. When this occurs, the golfer receives a score of one for the hole.

9. (D) Benjamin Harrison. The 23rd U.S. president was born on August 20, 1833. Herbert Hoover was born in 1874. LBJ was born in 1908. Bill Clinton was born in 1946. Barack Obama was born in 1961.

10. (B) Sturgeon moon. It was named this because sturgeon are easily caught in the Great Lakes and Lake Champlain during this month.

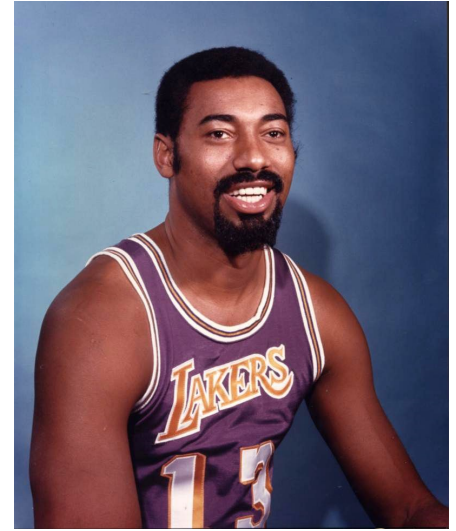
11. (D) Chicago's baseball team is called the Cardinals. Chicago has two baseball teams: the Chicago Cubs and the Chicago White Sox.

12. Gladioli.

13. (C) "You'd Be So Nice to Come Home To." Cole Porter wrote the popular song. Multiple artists recorded it, including Dinah Shore and Frank Sinatra.

14. Basketball. At 7'1", Chamberlain played the center position. He is the only player to score 100 points in a single professional basketball game. Many believe this record will never be surpassed.

15. Chihuahua. The Mexican dog weighs four to six pounds on average.



Two Easy Dice Games

Dice Game #1 – Can You Beat That?

Setup:

2 to 5 dice, depending on the level of the players, and paper and pencils for keeping score

To play:

- Roll the dice and put them in order to make the highest number possible. For example, if you roll a 4 and a 6, your best answer would be 64. Using three dice, a roll of 3, 5, and 2 should give you 532, and so on.
- Write down your answer, pass the dice, and challenge the next player to “beat that!”
- Play in rounds and assign a winner to each round. The champion is the player who wins the most rounds.
- For a change, try making the smallest number possible.



Dice Game #2 – Run for It!

Setup:

6 dice and paper and pencils for keeping score

To play:

- Roll the dice and look for runs (sequences) starting with 1 (so 1, 1-2, 1-2-3, and so on). Each die that is part of a run (even if it is a run of just 1) scores 5 points. However, a die cannot be part of more than one run.
- There can be more than one run in each roll. For example, if you rolled the following combination: 1, 1, 2, 3, 5, and 5, you would score 5 points for the first 1. You would then score 15 points for the sequence of 1, 2, and 3, for a total of 20 points for that roll.
- The first player to reach 100 points is the winner.

My Sunshine Collage

Make a sunny collage using yellow-toned scrapbook paper and magazine pages against a painted blue background canvas board.

You will need:

- ☐ 10" X 10" canvas board
- ☐ Blue acrylic craft paint for sky
- ☐ Assorted scrapbook paper and/or magazine pages printed in patterned yellows and warm tones
- ☐ Mod Podge
- ☐ Paintbrush
- ☐ Small paper plate or plastic lid for tracing (about 7" diameter)
- ☐ Disposable palette (plastic lid or plate)
- ☐ Paper towel
- ☐ Pencil
- ☐ Ruler
- ☐ Scissors
- ☐ (Optional) Black permanent marker or paint pen

Directions:

1. Slightly dilute blue paint with water on a disposable palette. Using a paintbrush, cover your canvas board with the diluted paint. Dab away some of the paint using a scrunched paper towel as shown in the left-hand photo on the following page. Allow to dry.
2. When the canvas is dry, trace a semicircle using a pencil and 7" plate (or lid) as shown in the center photo. Position the top of the plate about 4 1/2" from the bottom of the canvas.

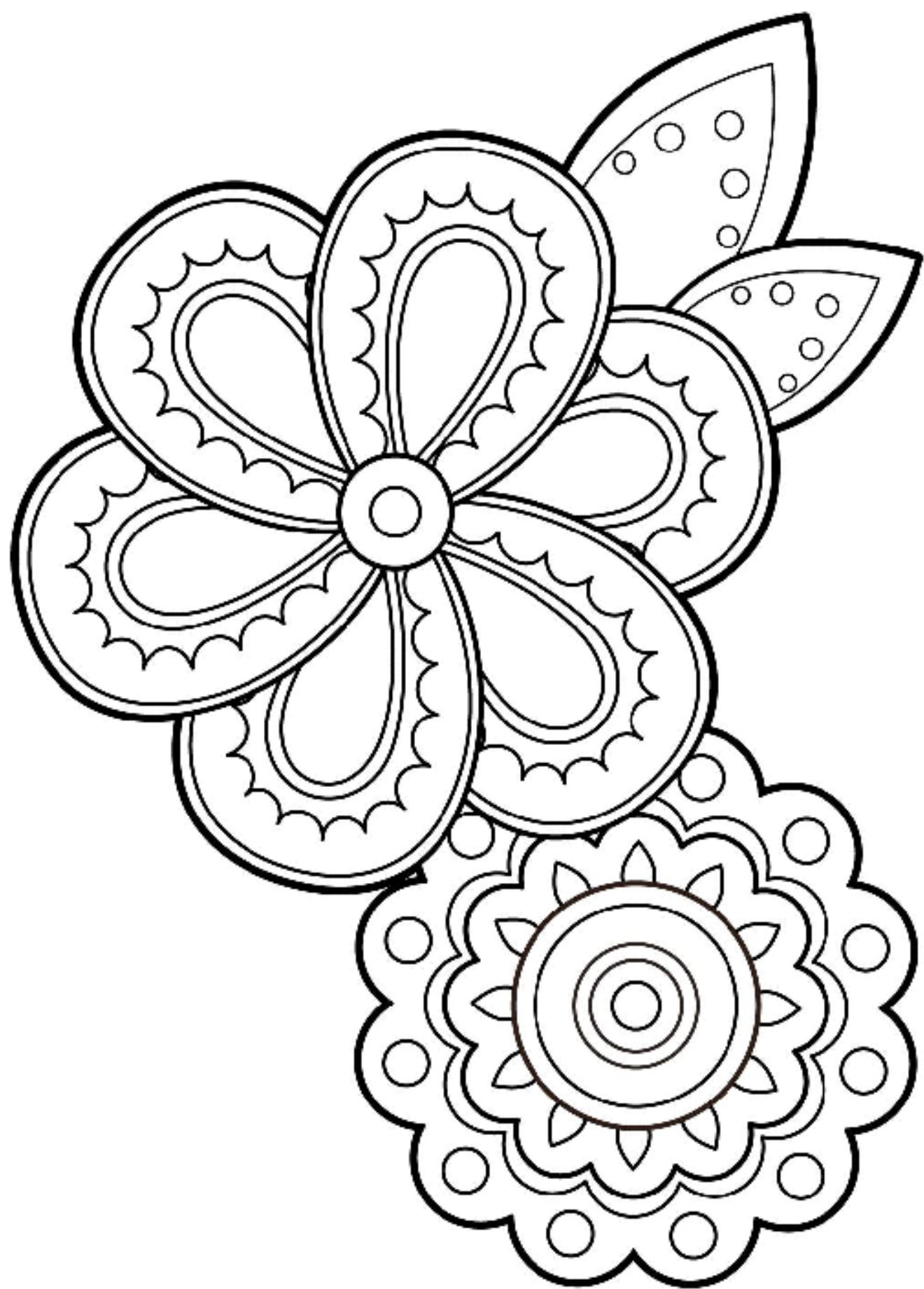




3. Cut 12 to 16 strips (about 7" long) of yellow-toned scrapbook paper or magazine pages. Widths can range from 1/2" to 1 1/2". The strips should be slightly tapered so they are narrower on one end.
4. Arrange the strips like sunrays around the circular pencil line as shown in the right-hand photo above. The tapered end should be closest to the center circle.
5. Dilute Mod Podge slightly with water and glue the "rays" in place as shown in the left-hand photo below. Apply a topcoat of the Mod Podge mixture after all the strips have been glued in



place.



Summer Olympics

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



Q	O	I	T	T	S	Y	G	X	M	S	C	R	G	E
E	U	U	N	L	E	N	U	E	N	I	O	Y	H	G
I	L	A	E	T	I	K	D	R	L	N	M	U	O	O
K	M	O	L	C	E	A	C	X	T	N	P	Q	S	L
V	I	F	N	I	L	R	L	I	A	E	E	G	T	F
R	L	E	B	S	F	M	N	S	R	T	T	X	I	G
E	F	V	N	W	K	Y	T	A	A	C	I	T	N	N
R	E	V	L	I	S	I	B	G	T	N	T	M	G	I
P	W	D	A	R	C	H	E	R	Y	I	I	G	N	L
R	B	V	J	S	U	E	G	Z	U	R	O	J	G	C
T	O	R	C	H	E	Q	G	J	N	K	N	N	K	Y
W	H	G	U	J	Y	D	D	T	Q	O	I	W	A	C
E	S	S	O	R	C	A	L	V	L	W	R	S	J	L
C	K	W	A	L	A	E	C	E	O	Q	P	B	J	B
C	W	R	C	M	D	T	E	R	A	J	G	S	V	B

ARCHERY
BRONZE
COMPETITION
CRICKET
CYCLING
FENCING

GOLD
GOLF
GYMNASTICS
HOSTING
INTERNATIONAL
LACROSSE

MEDALS
QUALIFY
ROWING
SILVER
TENNIS
TORCH

Double Take

Find the word that can be an ending
to the first word listed and can be the beginning
to the second word listed. The first answer is given.

- | | |
|-------------------------|-------|
| 1. child _ _ _ _ stone | birth |
| 2. head _ _ _ _ maker | _____ |
| 3. Mother _ _ _ _ quake | _____ |
| 4. world _ _ _ _ spread | _____ |
| 5. bon _ _ _ _ works | _____ |
| 6. throw _ _ _ _ bone | _____ |
| 7. note _ _ _ _ shelf | _____ |
| 8. her _ _ _ _ less | _____ |
| 9. tooth _ _ _ _ pocket | _____ |
| 10. honey _ _ _ _ drop | _____ |
| 11. town _ _ _ _ shape | _____ |
| 12. book _ _ _ _ front | _____ |
| 13. court _ _ _ _ stick | _____ |
| 14. Sun _ _ _ _ light | _____ |
| 15. foot _ _ _ _ side | _____ |
| 16. soy _ _ _ _ bag | _____ |
| 17. stone _ _ _ _ paper | _____ |
| 18. fish _ _ _ _ up | _____ |





Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Ingrid **Bergman**
- B. Ray **Bradbury**
- C. Kobe **Bryant**
- D. Tim **Burton**
- E. Claude **Debussy**
- F. Chris **Hadfield**
- G. Michael **Jackson**
- H. Lyndon B. **Johnson**
- I. Gene **Kelly**
- J. John **McCain**
- K. Charlie **Parker**
- L. Regis **Philbin**

Y	M	B	V	Q	D	P	L	U	Q	J	C
Y	M	J	C	H	L	Q	F	A	N	A	Y
E	R	L	K	E	E	E	P	S	D	C	V
J	N	U	P	H	I	L	B	I	N	K	Y
M	O	C	B	J	F	M	P	N	A	S	P
V	T	H	Y	D	D	T	N	Z	S	O	A
E	R	K	N	K	A	E	N	U	J	N	R
J	U	B	E	S	H	R	B	A	P	Z	K
Z	B	L	D	U	O	E	B	I	Y	N	E
Z	L	I	U	Z	D	N	F	W	X	R	R
Y	N	A	M	G	R	E	B	W	I	J	B
M	C	C	A	I	N	A	A	O	W	H	D

Bonus: Match the person to the correct clue.

- | | |
|----------------------------|-------------------------|
| 1. Novelist _____ | 7. Movie actor _____ |
| 2. Composer _____ | 8. Director _____ |
| 3. Saxophonist _____ | 9. TV show host _____ |
| 4. U.S. president _____ | 10. Pop singer _____ |
| 5. Basketball player _____ | 11. Movie actress _____ |
| 6. Astronaut _____ | 12. Politician _____ |

Backyard Olympics Detective

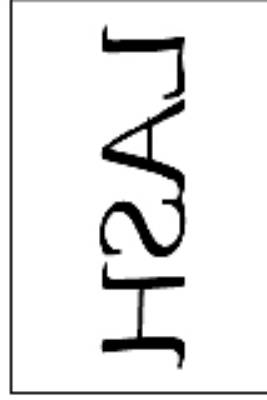
Backyard Olympics Detective

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



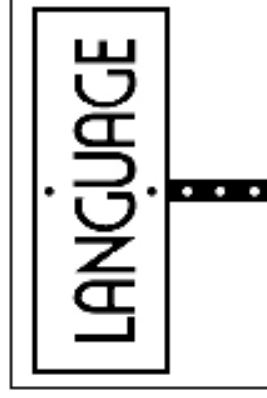
1. _____



2. _____



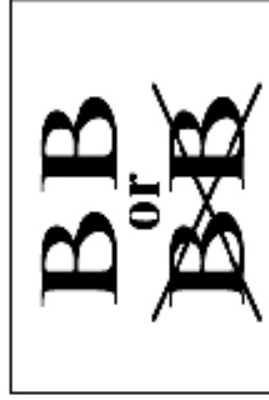
3. _____



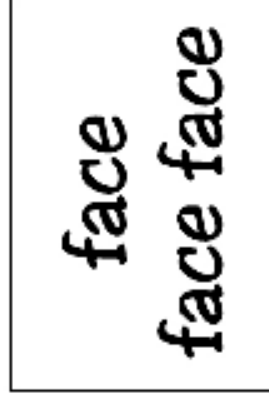
4. _____



5. _____



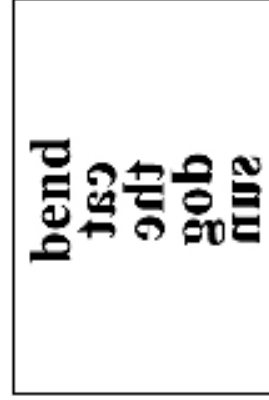
6. _____



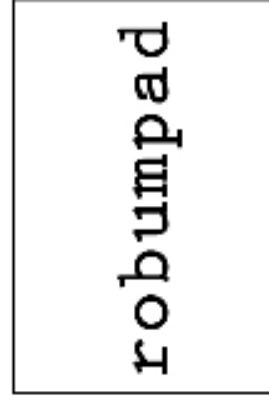
7. _____



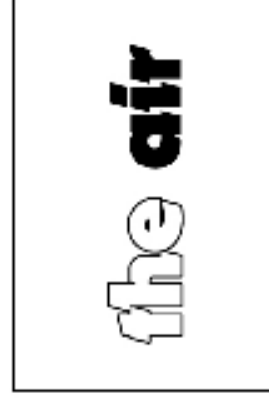
8. _____



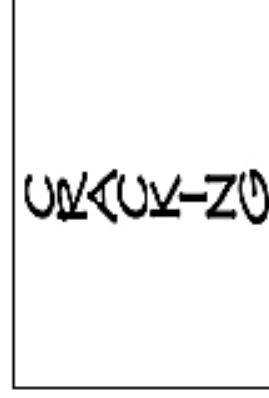
9. _____



10. _____



11. _____



12. _____

Cathy's Corner



The Dog Days of Summer are upon us, hope you are enjoying your summer, stay cool and keep hydrated., some tips on how to do this are included.

The Rio Olympics begin on Friday August 5th with opening ceremonies, a very exciting time. The Brunswick Senior Center will be having a very friendly Wii Bowling competition, join us or plan your own event or just sit back and cheer on the athletes.

August 21 is Senior Citizen Day-plan a celebration of your own and celebrate YOU!



Wacky Wordies

(solutions)

1. The big enchilada
2. Backlash
3. Going in for the kill
4. Sign language
5. Late in the game
6. To be or not to be
7. Face to face
8. All for one and one for all
9. Bend over backwards
10. A bump in the road
11. Clear the air
12. Cracking down

Double Take

(solution)

1. birth
2. dress
3. earth
4. wide
5. fire
6. back
7. book
8. self
9. pick
10. dew
11. ship
12. store
13. yard
14. day
15. hill
16. bean
17. Wall
18. hook

Famous August Birthdays (solution)

1. Novelist – B
2. Composer – E
3. Saxophonist – K
4. U.S. president – H
5. Basketball player – C
6. Astronaut – F
7. Movie actor – I
8. Director – D
9. TV show host – L
10. Pop singer – G
11. Movie actress – A

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